From Roots to Riches

Wholesome Vegan & Vegetarian Recipes for Every Table

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Dedication

This book is dedicated to my mother, Shirley Ann Elzie-Childs.

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Introduction

Welcome

Welcome to From Roots to Riches! Whether you're a long-time vegan, a curious vegetarian, or just someone looking to eat more plants, this book was created with you in mind. Inside, you'll find a wide range of delicious, wholesome, and creative recipes — all 100% meat-free and packed with flavor.

In today's fast-paced world, choosing plant-based meals isn't just about what we take out — it's about everything we add in: vibrant colors, bold flavors, nourishment, and joy. From comforting soups and hearty pastas to decadent desserts and freshly baked breads, this cookbook celebrates every corner of the plant-powered kitchen.

How to Use This Book

You don't have to be a professional chef or spend hours in the kitchen to make meals that are satisfying, beautiful, and good for you. Every recipe in this collection is designed to be easy to follow, deeply satisfying, and made with simple, wholesome ingredients.

So grab your favorite apron and let's get cooking — one plant-powered plate at a time.

Breakfasts & Smoothies

Start the day the plant-powered way, with recipes quick enough for a weekday morning and satisfying enough to keep you full.

Tofu Scramble

Serves 2 | Prep: 10 minutes | Cook: 10 minutes

Ingredients

- 1 block firm tofu, drained and crumbled
- ¼ tsp turmeric
- 1 tbsp nutritional yeast
- Salt, pepper, and garlic powder, to taste
- Optional: diced bell peppers, onion, or spinach

Instructions

1. Heat a lightly oiled skillet over medium heat.
2. Add the crumbled tofu, turmeric, nutritional yeast, salt, pepper, and garlic powder.
3. If using, add the vegetables and cook, stirring occasionally, for 8–10 minutes, until the tofu is heated through and any vegetables are tender.
4. Serve with toast or wrapped in a warm tortilla.

Berry Oat Smoothie

Serves 1–2 | Prep: 5 minutes | Cook: None

Ingredients

- 1 banana
- ½ cup frozen mixed berries
- ¼ cup rolled oats
- 1 cup almond milk
- 1 tbsp flax or chia seeds

Instructions

1. Combine all ingredients in a blender.
2. Blend until smooth and creamy, adding ice if a thicker consistency is desired.

3. Pour and serve immediately.

Chia Pudding

Serves 2 | Prep: 5 minutes, plus 4 hours chilling | Cook: None

Ingredients

- ¼ cup chia seeds
- 1 cup plant milk
- 1 tbsp maple syrup
- ½ tsp vanilla extract
- Fresh fruit, for topping

Instructions

1. Whisk the chia seeds, plant milk, maple syrup, and vanilla together in a jar or bowl.
2. Cover and chill for at least 4 hours, or overnight, stirring once after the first 30 minutes to prevent clumping.
3. Top with fresh fruit before serving.

Soups

Warm, comforting, and easy to make ahead — these soups are built for cozy nights in.

Creamy Coconut Lentil Soup

Serves 4 | Prep: 10 minutes | Cook: 25 minutes

Ingredients

- 1 tbsp olive oil
- 1 onion, chopped
- 2 garlic cloves, minced
- 1 tbsp fresh ginger, grated
- 1 tsp curry powder
- 1 cup red lentils
- 1 can (14 oz) coconut milk
- 3 cups vegetable broth
- Salt and pepper, to taste
- Fresh cilantro, for garnish

Instructions

1. Heat the olive oil in a large pot over medium heat. Add the onion, garlic, and ginger, and sauté until softened, about 5 minutes.
2. Stir in the curry powder and red lentils, and cook for 1 minute, until fragrant.
3. Pour in the coconut milk and vegetable broth. Bring to a simmer and cook for 20–25 minutes, until the lentils are tender.
4. Blend with an immersion blender for a creamier texture, if desired. Season with salt and pepper, and garnish with cilantro before serving.

Miso Noodle Soup

Serves 4 | Prep: 10 minutes | Cook: 15 minutes

Ingredients

- 4 cups vegetable broth

- 2 tbsp white miso paste
- 1 tbsp soy sauce or tamari
- 2 garlic cloves, minced
- 1 tsp fresh ginger, grated
- 3 oz rice noodles
- 1 cup mushrooms, sliced
- 1 cup baby spinach
- 2 green onions, sliced

Instructions

1. Heat the broth in a pot with the garlic, ginger, and mushrooms. Simmer for 5 minutes.
2. Add the rice noodles and cook according to package directions, about 4–5 minutes.
3. Turn off the heat and stir in the miso paste and soy sauce (this preserves the miso's probiotics and flavor).
4. Stir in the spinach and green onions just before serving.

Salads

Fresh, crunchy, and endlessly adaptable — perfect as a side or a light meal on their own.

Mediterranean Chickpea Salad

Serves 4 | Prep: 15 minutes | Cook: None

Ingredients

- 1 can chickpeas, rinsed and drained
- 1 cucumber, diced
- 1 cup cherry tomatoes, halved
- ¼ red onion, thinly sliced
- ¼ cup Kalamata olives, pitted and halved
- 1 tbsp chopped parsley
- Juice of 1 lemon
- 2 tbsp olive oil
- Salt and pepper, to taste

Instructions

1. Combine the chickpeas, cucumber, tomatoes, onion, olives, and parsley in a large bowl.
2. In a separate small bowl, whisk together the lemon juice, olive oil, salt, and pepper.
3. Pour the dressing over the salad and toss gently. Serve chilled or at room temperature.

Roasted Sweet Potato & Avocado Salad

Serves 4 | Prep: 10 minutes | Cook: 25 minutes | Oven: 400°F (200°C)

Ingredients

- 2 sweet potatoes, peeled and cubed
- 1 tbsp olive oil
- 1 tsp cumin
- 1 avocado, diced
- 3 cups mixed greens (spinach, arugula, etc.)
- 1 tbsp pumpkin seeds

- Balsamic vinaigrette or tahini dressing, to taste

Instructions

1. Preheat the oven to 400°F (200°C). Toss the sweet potatoes with olive oil and cumin, and spread on a baking sheet.
2. Roast for 25 minutes, until fork-tender, flipping halfway through.
3. In a bowl, layer the mixed greens, roasted sweet potatoes, avocado, and pumpkin seeds.
4. Drizzle with dressing and serve warm or at room temperature.

Quinoa Kale Crunch Bowl

Serves 2 | Prep: 15 minutes | Cook: None (using pre-cooked quinoa)

Ingredients

- 1 cup cooked quinoa
- 2 cups kale, chopped and massaged with a little olive oil
- ½ red bell pepper, sliced
- ¼ cup shredded carrots
- ¼ cup sunflower seeds
- 2 tbsp tahini
- Juice of 1 lemon
- 1 tbsp maple syrup
- 1 tbsp water
- Salt and pepper, to taste

Instructions

1. In a small bowl, whisk together the tahini, lemon juice, maple syrup, water, salt, and pepper to make the dressing.
2. Combine the quinoa, massaged kale, bell pepper, carrots, and sunflower seeds in a large bowl.
3. Pour the dressing over the bowl and toss well to coat before serving.

Sandwiches & Wraps

Handheld, portable, and just as satisfying for a quick lunch as a picnic spread.

Avocado Chickpea Mash Sandwich

Serves 2 | Prep: 10 minutes | Cook: None

Ingredients

- 1 can chickpeas, drained and mashed
- 1 ripe avocado
- 1 tbsp lemon juice
- 1 tbsp Dijon mustard
- Salt, pepper, and paprika, to taste
- Whole grain bread, lettuce, and tomato slices, for serving

Instructions

1. Mash the chickpeas and avocado together in a bowl.
2. Stir in the lemon juice, mustard, and seasonings.
3. Spread onto bread and top with lettuce and tomato. Serve chilled or toasted.

Grilled Hummus Veggie Wrap

Serves 2 | Prep: 10 minutes | Cook: 10 minutes

Ingredients

- 2 large tortillas or flatbreads
- ½ cup hummus
- 1½ cups grilled vegetables (zucchini, bell pepper, onion)
- 1 cup fresh spinach or arugula

Instructions

1. Grill the sliced vegetables over medium-high heat until tender and lightly charred, about 8–10 minutes.

2. Spread hummus over each tortilla.
3. Layer with the warm grilled vegetables and greens.
4. Roll tightly, grill briefly if desired for grill marks, and slice in half to serve.

Vegan "Egg" Salad Sandwich

Serves 2 | Prep: 10 minutes, plus 30 minutes chilling | Cook: None

Ingredients

- ½ block firm tofu, crumbled
- 2 tbsp vegan mayo
- ½ tsp turmeric
- 1 tsp Dijon mustard
- 1 tbsp chopped green onion
- Salt and black salt (kala namak), to taste, for an "eggy" flavor
- Bread or lettuce wraps, for serving

Instructions

1. Mix all the ingredients together in a bowl until well combined.
2. Chill for at least 30 minutes to let the flavors meld.
3. Spoon onto bread or lettuce leaves and serve.

Tacos & Burgers

Bold, spiced, and built for topping generously — a favorite chapter for weeknight dinners.

Spicy Lentil Tacos

Serves 4 | Prep: 10 minutes | Cook: 15 minutes

Ingredients

- 1 tbsp olive oil
- ½ onion, chopped
- 1 garlic clove, minced
- 1 cup cooked lentils
- 1 tsp smoked paprika
- ½ tsp cumin
- ¼ tsp chili powder
- Salt, to taste
- Corn tortillas, avocado, shredded lettuce, and lime, for serving

Instructions

1. Heat the olive oil in a skillet over medium heat. Sauté the onion and garlic until soft, about 5 minutes.
2. Add the lentils and spices, and cook for 8–10 minutes, until fragrant and heated through.
3. Spoon into warm tortillas, add toppings, and serve with lime wedges.

Black Bean Burgers

Serves 4 | Prep: 15 minutes | Cook: 10 minutes

Ingredients

- 1 can black beans, drained
- ½ cup breadcrumbs (or oat flour for gluten-free)
- ¼ onion, chopped
- 1 garlic clove, minced
- 1 tbsp soy sauce or tamari

- 1 tsp cumin
- ½ tsp smoked paprika
- Buns, lettuce, tomato, and vegan mayo, for serving

Instructions

1. Mash the beans in a large bowl. Add the remaining ingredients and mix well.
2. Form the mixture into 4 patties.
3. Pan-fry in a lightly oiled skillet over medium heat for 3–4 minutes per side, until browned and heated through.
4. Serve on buns with lettuce, tomato, and vegan mayo.

Jackfruit "Carnitas" Tacos

Serves 4 | Prep: 10 minutes | Cook: 15 minutes

Ingredients

- 1 can young green jackfruit in brine, drained and shredded
- 1 tbsp olive oil
- ½ tsp garlic powder
- ½ tsp smoked paprika
- ½ tsp cumin
- Juice of 1 lime
- Salt, to taste
- Corn tortillas, slaw, and avocado, for serving

Instructions

1. Heat the olive oil in a skillet over medium heat. Sauté the shredded jackfruit with the garlic powder, paprika, and cumin until browned, about 8–10 minutes.
2. Add the lime juice and cook for 5 minutes more, until well coated and slightly caramelized.
3. Serve in warm tortillas with slaw and avocado.

Pasta & Main Dishes

Hearty, comforting mains that prove plant-based cooking can be every bit as indulgent as it is nourishing.

Butternut Squash Mac & Cheese

Serves 4 | Prep: 15 minutes | Cook: 20 minutes

Ingredients

- 2 cups cubed butternut squash
- ½ cup cashews, soaked 4+ hours or boiled 10 minutes
- ¼ cup nutritional yeast
- 2 garlic cloves
- 1 tsp Dijon mustard
- 1½ cups plant-based milk
- Salt and pepper, to taste
- 12 oz elbow pasta

Instructions

1. Boil the butternut squash in salted water until fork-tender, about 10–12 minutes. Drain.
2. Blend the squash with the cashews, nutritional yeast, garlic, mustard, and plant milk until completely smooth.
3. Meanwhile, cook the pasta according to package directions, drain, and return to the pot.
4. Pour the sauce over the pasta, stir to coat, and heat through over low heat for 2–3 minutes. Season with salt and pepper and serve warm.

Stuffed Bell Peppers

Serves 4 | Prep: 15 minutes | Cook: 35 minutes | Oven: 375°F (190°C)

Ingredients

- 4 bell peppers, tops cut off and seeds removed

- 1 cup cooked brown rice or quinoa
- 1 can black beans, drained and rinsed
- ½ cup corn kernels
- ½ cup salsa
- 1 tsp cumin
- Salt and pepper, to taste

Instructions

1. Preheat the oven to 375°F (190°C).
2. Mix the rice, beans, corn, salsa, cumin, salt, and pepper together in a bowl.
3. Stuff the peppers with the filling and place upright in a baking dish.
4. Cover with foil and bake for 25 minutes, then remove the foil and bake 10 minutes more, until the peppers are tender.

Tomato & Lentil Bolognese

Serves 4 | Prep: 10 minutes | Cook: 30 minutes

Ingredients

- 1 tbsp olive oil
- 1 onion, diced
- 2 garlic cloves, minced
- 1 carrot, finely diced
- 1 cup cooked brown or green lentils
- 1 can (28 oz) crushed tomatoes
- 1 tsp dried oregano
- 1 tsp dried basil
- Salt and pepper, to taste
- 12 oz spaghetti or pasta of choice

Instructions

1. Heat the olive oil in a large pot over medium heat. Sauté the onion, garlic, and carrot until softened, about 6–7 minutes.
2. Stir in the lentils, crushed tomatoes, oregano, and basil. Bring to a simmer.

3. Cook, uncovered, for 20 minutes, stirring occasionally, until thickened.
4. Meanwhile, cook the pasta according to package directions. Season the sauce with salt and pepper and serve over the pasta.

Vegan Pesto Penne

Serves 4 | Prep: 15 minutes | Cook: 15 minutes

Ingredients

- 12 oz penne pasta
- 2 cups fresh basil leaves
- ¼ cup pine nuts or walnuts
- 2 garlic cloves
- ¼ cup nutritional yeast
- ½ cup olive oil
- Salt and pepper, to taste
- 1 cup cherry tomatoes, halved, for serving

Instructions

1. Cook the pasta according to package directions; reserve ½ cup of the pasta water before draining.
2. While the pasta cooks, blend the basil, nuts, garlic, and nutritional yeast in a food processor. With the motor running, slowly stream in the olive oil until a smooth pesto forms.
3. Toss the drained pasta with the pesto, thinning with reserved pasta water as needed.
4. Season with salt and pepper and top with cherry tomatoes before serving.

Creamy Cashew Alfredo

Serves 4 | Prep: 15 minutes, plus soaking | Cook: 15 minutes

Ingredients

- 12 oz fettuccine or pasta of choice

- 1 cup cashews, soaked 4+ hours or boiled 10 minutes
- 3 garlic cloves
- 1 cup vegetable broth
- 2 tbsp nutritional yeast
- 1 tbsp lemon juice
- Salt and pepper, to taste

Instructions

1. Cook the pasta according to package directions and drain.
2. Blend the soaked cashews, garlic, vegetable broth, nutritional yeast, and lemon juice until completely smooth and creamy.
3. Warm the sauce in a saucepan over medium-low heat for 3–5 minutes.
4. Toss with the cooked pasta, season with salt and pepper, and serve immediately.

One-Pot Meals

Fewer dishes, just as much flavor — ideal for busy weeknights.

Coconut Chickpea Curry

Serves 4 | Prep: 10 minutes | Cook: 20 minutes

Ingredients

- 1 tbsp oil
- ½ onion, diced
- 1 garlic clove, minced
- 1 can chickpeas, drained and rinsed
- 1 can coconut milk
- 1 tbsp curry powder
- 1 cup spinach
- Salt, to taste

Instructions

1. Heat the oil in a large pot over medium heat. Sauté the onion and garlic until softened, about 5 minutes.
2. Add the chickpeas and curry powder, and stir to coat.
3. Pour in the coconut milk and simmer for 12–15 minutes, until slightly thickened.
4. Stir in the spinach at the end and cook just until wilted. Season with salt and serve over rice.

One-Pot Pasta Primavera

Serves 4 | Prep: 10 minutes | Cook: 15 minutes

Ingredients

- 8 oz pasta
- 1 zucchini, chopped
- 1 bell pepper, sliced
- 1 cup cherry tomatoes
- 1 garlic clove, minced

- 3 cups vegetable broth
- Salt and pepper, to taste

Instructions

1. Combine the pasta, zucchini, bell pepper, cherry tomatoes, garlic, and vegetable broth in a large pot.
2. Bring to a boil, then reduce to a simmer.
3. Cook uncovered for 10–12 minutes, stirring occasionally, until the pasta is tender and the sauce has thickened.
4. Season with salt and pepper and serve immediately.

Vegan Chili

Serves 6 | Prep: 10 minutes | Cook: 30 minutes

Ingredients

- 1 tbsp oil
- ½ onion, diced
- 1 can black beans, drained
- 1 can kidney beans, drained
- 1 can diced tomatoes
- 1 tbsp chili powder
- 1 tsp cumin
- Salt, to taste

Instructions

1. Heat the oil in a large pot over medium heat and sauté the onion until softened, about 5 minutes.
2. Add the beans, tomatoes, chili powder, and cumin, and stir to combine.
3. Simmer, uncovered, for 25–30 minutes, stirring occasionally, until thickened.
4. Season with salt to taste and serve with avocado or cornbread.

Tamales

A labor of love worth every minute — these plant-based tamales make a wonderful centerpiece for a holiday table or a weekend cooking project.

Vegan Tamales

Makes 12–14 tamales | Prep: 1 hour | Cook: 1 hour 30 minutes

Ingredients

- For the masa (dough): 3 cups masa harina
- 2½ cups warm vegetable broth, plus more as needed
- ½ cup refined coconut oil or vegetable shortening
- 1 tsp baking powder
- 1 tsp salt
- ½ tsp cumin (optional, for flavor)
- For the filling: 1 tbsp olive oil
- 1 small onion, finely diced
- 2 garlic cloves, minced
- 1 bell pepper, diced
- 1 zucchini, diced
- 1 cup cooked black beans (or pinto beans)
- 1 cup corn kernels (fresh or frozen)
- 1 cup diced tomatoes (fresh or canned, drained)
- 1 tbsp tomato paste
- 1 tsp smoked paprika
- 1 tsp chili powder
- Salt and pepper, to taste
- Fresh cilantro, chopped (optional)
- For wrapping: 14–16 dried corn husks, soaked in hot water for 30 minutes

Instructions

1. Soak the corn husks in hot water for at least 30 minutes to soften, then drain and pat dry.

2. Make the masa dough: Beat the coconut oil or shortening until fluffy, about 2 minutes. Add the masa harina, baking powder, salt, and cumin. Gradually pour in the warm vegetable broth, mixing until you get a soft, spreadable dough (moist but not sticky — add more broth if needed).
3. Make the filling: Heat the olive oil in a skillet over medium heat. Sauté the onion and garlic until fragrant, 2–3 minutes. Add the bell pepper, zucchini, and corn, and cook for 5 minutes more.
4. Stir in the beans, tomatoes, tomato paste, and spices. Simmer for 10 minutes, until thickened. Adjust seasoning with salt, pepper, and cilantro if desired.
5. Assemble the tamales: Lay a corn husk flat, wider end at the top. Spread 2 tablespoons of masa dough onto the center, leaving space on the sides. Spoon 1–2 tablespoons of filling into the center of the masa. Fold the sides of the husk over the filling, then fold up the bottom. Repeat with the remaining husks.
6. Steam the tamales: Place the tamales upright in a large steamer pot, open ends up. Steam for 1 to 1½ hours, until the masa is firm and easily pulls away from the husk, checking occasionally and adding more water to the steamer as needed.
7. Let the tamales rest for 10 minutes before serving with salsa verde, guacamole, or vegan sour cream.

Chef's Tips: For a smoky twist, add diced roasted poblanos or chipotle peppers to the filling. Cooked tamales can be frozen for up to 3 months — steam again for 15–20 minutes before serving. For an oil-free version, substitute pureed cooked sweet potato for the coconut oil in the masa.

Breads & Cornbread

Fresh-baked bread makes any meal feel complete — these three are simple enough for a weeknight and impressive enough for guests.

Vegan Skillet Cornbread

Serves 8 | Prep: 10 minutes | Cook: 25 minutes | Oven: 400°F (200°C)

Ingredients

- 1 cup cornmeal
- 1 cup flour (all-purpose or gluten-free blend)
- 1 tbsp baking powder
- 1 tbsp maple syrup
- 1 cup plant milk
- 1 tbsp apple cider vinegar
- ¼ cup oil or vegan butter, melted

Instructions

1. Preheat the oven to 400°F (200°C) and grease an 8- or 10-inch cast iron skillet or baking dish.
2. Mix the cornmeal, flour, and baking powder together in a bowl.
3. In another bowl, combine the plant milk and vinegar and let sit for 5 minutes to curdle slightly.
4. Stir the maple syrup and oil into the milk mixture, then combine with the dry ingredients until just mixed.
5. Pour into the prepared skillet and bake for 20–25 minutes, until a toothpick comes out clean.

Whole Wheat Sandwich Bread

Makes 1 loaf (serves 10) | Prep: 20 minutes, plus 2 hours rising | Cook: 35 minutes | Oven: 375°F (190°C)

Ingredients

- 2¼ tsp active dry yeast
- 1¼ cups warm water
- 1 tbsp maple syrup
- 2 tbsp olive oil
- 2 cups whole wheat flour
- 1 cup all-purpose flour
- 1 tsp salt

Instructions

1. Combine the yeast, warm water, and maple syrup in a large bowl. Let sit for 5–10 minutes, until foamy.
2. Stir in the olive oil, flours, and salt, and knead for about 10 minutes, until smooth and elastic.
3. Let the dough rise in a covered bowl for 1 hour, until doubled in size.
4. Shape into a loaf, place in a greased loaf pan, and let rise again for 45 minutes to 1 hour.
5. Bake at 375°F (190°C) for 30–35 minutes, until golden and the loaf sounds hollow when tapped. Cool before slicing.

Rosemary Garlic Focaccia

Serves 8 | Prep: 15 minutes, plus 1 hour rising | Cook: 22 minutes | Oven: 400°F (200°C)

Ingredients

- 2 cups flour
- 1 tsp salt
- 1 packet (2¼ tsp) active dry yeast
- ¾ cup warm water
- 2 tbsp olive oil, plus more for topping
- Fresh rosemary, minced garlic, and flaky sea salt, for topping

Instructions

1. Mix the flour, salt, yeast, warm water, and olive oil into a shaggy dough, then knead for 5–7 minutes, until smooth.

2. Let rise, covered, for 1 hour, until doubled in size.
3. Press the dough into an oiled baking pan, dimpling the surface with your fingertips. Top with rosemary, garlic, a drizzle of olive oil, and flaky salt.
4. Bake at 400°F (200°C) for 20–22 minutes, until golden brown.

Snacks & Sides

Small bites to round out a meal or satisfy a craving between them.

Garlic Roasted Chickpeas

Serves 4 | Prep: 5 minutes | Cook: 35 minutes | Oven: 400°F (200°C)

Ingredients

- 1 can chickpeas, drained and rinsed
- 1 tbsp olive oil
- ½ tsp garlic powder
- ½ tsp paprika
- Salt, to taste

Instructions

1. Preheat the oven to 400°F (200°C). Drain, rinse, and pat the chickpeas very dry.
2. Toss with the olive oil, garlic powder, paprika, and salt.
3. Spread on a baking sheet and roast for 30–35 minutes, shaking the pan halfway through, until golden and crisp.

Spicy Edamame

Serves 4 | Prep: 5 minutes | Cook: 5 minutes

Ingredients

- 2 cups edamame, in shells
- 1 tbsp sesame oil
- 1 tbsp soy sauce
- 1 tsp chili flakes

Instructions

1. Boil the edamame for 5 minutes, then drain.
2. Toss with the sesame oil, soy sauce, and chili flakes.
3. Serve warm.

Quick Vegan Coleslaw

Serves 6 | Prep: 10 minutes, plus 20 minutes chilling | Cook: None

Ingredients

- 3 cups shredded cabbage
- 1 carrot, shredded
- ¼ cup vegan mayo
- 1 tbsp apple cider vinegar
- Salt and pepper, to taste

Instructions

1. Combine the cabbage and carrot in a large bowl.
2. Stir in the vegan mayo, vinegar, salt, and pepper.
3. Chill for at least 20 minutes before serving.

Desserts, Cakes & Pies

Proof that plant-based baking can be every bit as rich and satisfying as the traditional kind.

Vegan Banana Bread

Serves 8 | Prep: 10 minutes | Cook: 50 minutes | Oven: 350°F (175°C)

Ingredients

- 3 ripe bananas, mashed
- ⅓ cup maple syrup
- ¼ cup oil
- ¼ cup plant milk
- 1 tsp vanilla extract
- 1½ cups flour
- 1 tsp baking soda
- Pinch of salt
- Pinch of cinnamon

Instructions

1. Preheat the oven to 350°F (175°C) and grease a loaf pan.
2. In one bowl, mix the mashed bananas, maple syrup, oil, plant milk, and vanilla.
3. In another bowl, whisk together the flour, baking soda, salt, and cinnamon.
4. Combine the wet and dry ingredients until just mixed, then pour into the prepared loaf pan.
5. Bake for 45–50 minutes, until a toothpick inserted in the center comes out clean. Cool before slicing.

No-Bake Chocolate Avocado Pudding

Serves 4 | Prep: 10 minutes, plus 30 minutes chilling | Cook: None

Ingredients

- 2 ripe avocados
- ¼ cup cocoa powder
- ¼ cup maple syrup
- ¼ cup plant milk
- 1 tsp vanilla extract
- Pinch of salt

Instructions

1. Blend all the ingredients together until completely smooth and creamy.
2. Chill for at least 30 minutes.
3. Serve topped with fresh berries or coconut cream.

Apple Pie with Coconut Oil Crust

Serves 8 | Prep: 25 minutes | Cook: 50 minutes | Oven: 375°F (190°C)

Ingredients

- For the filling: 6 apples, sliced
- 2 tbsp lemon juice
- ¼ cup maple syrup
- 1 tsp cinnamon
- 1 tbsp flour
- For the crust: 2 cups flour
- ½ cup solid coconut oil
- ½ tsp salt
- 6 tbsp cold water

Instructions

1. Preheat the oven to 375°F (190°C). Make the crust by mixing the flour, salt, and coconut oil until crumbly, then add cold water, 1 tablespoon at a time, until a dough forms. Divide in half and chill for 15 minutes.
2. Toss the sliced apples with the maple syrup, lemon juice, cinnamon, and flour.

3. Roll out half the dough and fit it into a pie pan. Fill with the apple mixture.
4. Roll out the second half of the dough and place over the filling, sealing and crimping the edges; cut a few slits for steam to escape.
5. Bake for 45–50 minutes, until the crust is golden and the filling is bubbling. Cool before slicing.

Conclusion

Thank you for cooking your way through From Roots to Riches. Whether you made one recipe or all of them, I hope this book has shown you just how vibrant, comforting, and satisfying plant-based cooking can be.

Here's to many more wholesome meals shared at your table.